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DONATED ROLLED WHEAT

a good choice for the thrifty family

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Whole grain!



EAT hot cooked Rolled Wheat
with milk



Use ROLLED WHEAT in --

Cookies



Pancakes



Breads



Meat Loaves
and Patties



Cakes and Candies



Can be used in place of Rolled Oats in recipes.

C&MS-35

U.S. Department of Agriculture • Consumer and Marketing Service • Agricultural Research Service



¾ pound ground beef
⅓ cup milk
¾ cup rolled wheat
1 teaspoon salt
Pepper to taste
2 tablespoons fat or oil

½ onion
1 stalk celery, if you like
½ green pepper, if you like
1 cup water
1 tablespoon flour

Mix meat, milk, rolled wheat, salt and pepper. Shape into very thin patties. Brown patties on both sides in fat.

Chop onion, celery and green pepper. Add with the water to fry pan. Cover and cook over low heat 30 minutes. Mix flour with a little cold water, add to pan, cook and stir until thickened. Makes 4 servings.

Raisin Crispies

1 cup fat
2 cups brown sugar, packed
2 eggs
1 teaspoon baking soda

1 teaspoon salt
2 cups flour
2 cups rolled wheat
1 cup raisins

Mix fat, sugar and eggs. Mix in baking soda, salt and flour. Mix in rolled wheat and raisins. Drop dough by spoonfuls on baking pan. Leave room for cookies to spread. Bake at 375° F (moderate oven) 10 to 12 minutes, Makes 4 dozen cookies.

Rolled Wheat Cereal

1 teaspoon salt
4 cups water

2 cups quick-cooking rolled
wheat

Add salt to water and heat to boiling. Stir in rolled wheat. Bring to a boil and cook 3 minutes or longer over moderate heat. Remove from heat, cover and let stand a few minutes. Serve hot. Makes 4 cups cooked rolled wheat.

Rolled Wheat Pancakes

2 tablespoons fat
2 eggs
¼ cup milk
1 cup cooked rolled wheat

½ cup flour
2 teaspoons baking powder
1 tablespoon sugar

Melt fat in fry pan. Beat eggs. Add milk and melted fat to beaten eggs. Stir into rolled wheat and mix well. Mix together flour, baking powder and sugar and add to rolled wheat mixture. Stir just enough to mix. Pour batter by spoonfuls onto heated pan. Cook pancakes about 3 minutes on each side or until they are well browned. Makes about 12 pancakes.